Penelitian ini dilaksanakan untuk mengetahui hubungan antara self-efficacy dan prokrastinasi akademik pada mahasiswa Fakultas Psikologi yang mengontrak Penulisan Proposal Skripsi (P2S) lebih dari 1 kali di Universitas “X” Bandung. Subjek dalam penelitian ini adalah populasi mahasiswa Fakultas Psikologi yang mengontrak Penulisan Proposal Skripsi (P2S) lebih dari 1 kali yang berjumlah 46 orang. Rancangan dalam penelitian ini menggunakan metode korelasional.

Alat ukur self-efficacy yang digunakan dalam penelitian ini merupakan hasil rancangan peneliti, dan alat ukur prokrastinasi akademik merupakan modifikasi peneliti dari alat ukur Veronika Astri. Data yang diperoleh diolah menggunakan uji korelasi Spearman dengan bantuan SPSS 24.0 for Mac. Validitas dari alat ukur self-efficacy berkisar antara 0,152 hingga 0,733 dengan reliabilitas 0,851, sedangkan validitas alat ukur prokrastinasi akademik berkisar antara 0,286 hingga 0,827 dengan reliabilitas 0,940.

Berdasarkan pengolahan data secara statistik, maka didapat koefisien korelasi self-efficacy dan prokrastinasi akademik adalah -0,566 yang artinya terdapat hubungan yang negatif dan signifikan dengan derajat yang moderat antara self-efficacy dan prokrastinasi akademik. Mahasiswa yang memiliki self-efficacy yang tinggi maka semakin rendah prokrastinasi akademiknya. Sebaliknya, mahasiswa yang memiliki self-efficacy yang rendah maka akan semakin tinggi prokrastinasi akademiknya.

Peneliti mengajukan saran agar dilakukan wawancara lebih lanjut mengenai alasan-alasan mahasiswa melakukan prokrastinasi akademik. Bagi pihak fakultas penelitian ini dapat digunakan sebagai bahan pertimbangan dalam menyusun pelatihan yang dapat meningkatkan self-efficacy mahasiswa.

Kata Kunci: Self-efficacy, Prokrastinasi Akademik, Mahasiswa
ABSTRACT

This research was conducted to find out the correlation between self-efficacy and academic procrastination on Faculty of Psychology students who contracted Penulisan Proposal Skripsi (P2S) more than once at “X” University of Bandung. This study subject is the student population on Faculty of Psychology who contracted Penulisan Proposal Skripsi (P2S) more than once, amounting to 46 people. The design in this study used correlational method.

Self-efficacy measuring instrument that used in this study is made by the researcher and the instrument of academic procrastination is the modification measuring instrument of the researcher named Veronika Astri. The data obtained were processed using Spearman’s correlation test with the help of SPSS 24.0 for Macbook. The validity of self-efficacy measuring instrument is ranges from 0.152 to 0.733 with reliability of 0.851, and the validity of academic procrastination measures ranges from 0.286 to 0.827 with reliability 0.940.

Based on statistical data processing, the correlation coefficient of self-efficacy and academic procrastination is -0.566 which means there’s a negative and significant relationship with moderate degree between self-efficacy and academic procrastination. Students with high self-efficacy, have lower academic procrastination and students with low self-efficacy, have high academic procrastination.

The researcher proposed to do further interviews to know the students reasons conduct academic procrastination. The advice for the faculty is it can be used as a consideration in preparing training that can improve students self-efficacy.

Keywords: Self-efficacy, Academic Procrastination, Students
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